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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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Housekeepers' Chat Wednesday, March 5, 1930.

NOT FOR PUBLICATION

Subject: "When Johnny Junior Takes His Bath." Information from Children's Bureau, U. S. Department of Labor. Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Infant Care," and "Eggs at Any Meal."

--ooOoo--

All the questions today are about the important subject of bathing the baby. After the baby is bathed and dressed, we'll have time to talk about dinner.

First question: "How often should a baby be given a bath?"

Answer: A healthy baby should be bathed every day. For some weeks, a tiny baby may be bathed in a basin or bowl; after that he should have a baby tub.

Second question: "When is the best time to bathe a baby?"

Answer: The mother may find it convenient to give the bath before the morning feeding. Never bathe a baby within an hour after feeding. Sometimes it may be more convenient to give the bath at night, just before the baby's bedtime.

Third: "What is the correct temperature for a baby's bath?"

Answer: The water for a young baby's bath should be slightly above body heat; that is, about 105 degrees Fahrenheit. As the baby gets older, the temperature may be slightly lowered. Do you have a bath thermometer? A bath thermometer costs about one dollar, and is useful. However, the old-fashioned elbow test is quite reliable. When the water feels neither hot nor cold, to your elbow, it will be comfortable for the baby.

Fourth: "What is the correct temperature for the room in which the baby is bathed?"

Answer: About 75 degrees Fahrenheit, for a young baby. Don't have the room so hot that the baby perspires, for there's danger of his being chilled when he's taken into a room where the temperature is lower.

Fifth question: "Will you please tell us how to bathe a baby?"

Answer: Take off all the baby's clothes, and wash his face and scalp. Wash his face with water, but no soap. Then lay him on his back, in your lap. It is usually more convenient to have his head to your right, and slightly lowered. Rub a little soap on the cloth, and wring it out of the warm water so as to make suds. Lather the baby's head completely, and quickly rinse, several times, in clear warm water, all without raising his head. Rub lightly and dry quickly. This way, the head is easily washed without getting soap in the baby's eyes. Don't be afraid to wash the top of the baby's head thoroughly. By daily care, "milk crust" or "cradle cap" may be prevented. If it forms, rub in petroleum jelly or oil each night, and wash the head thoroughly in the morning.

After the baby's head is washed, go over his entire body with a soapy wash cloth. Then place him in the tub, go over his body with the wash cloth, this time not soaped; then lift him and wrap him at once in a warm towel. Dry him carefully with soft warm towels, patting the skin gently.

Dress him quickly, turning him as little and as gently as possible, because a little baby may be tired by a too-prolonged bath.

Next question: "Is it wise to use talcum powder after a baby's bath?"

Answer: If the skin is carefully dried after the bath there isn't much need for talcum powder, but a little powder may be used, if you like. It should be applied only after the skin is dry. Don't use too much powder -- it may cake, and cause irritation. If the baby is chafed, oil is better than powder. Mineral oil, applied with absorbent cotton, may be used instead of powder.

Next: "What is the best kind of soap to use in a baby's bath?"

Answer: Castile soap, made of olive oil, is a good type to use. Very little soap is needed, and it is most important that the skin be thoroughly rinsed after a soapy bath. A baby should have his own towels and wash cloths, of old soft material, including a small, soft wash cloth, especially for his face.

Last question: "What would you do with a baby who is afraid of his bath?"

Answer: Sometimes a baby dislikes or fears his bath, because of having slipped from his mother's hands when being put into the tub. Or perhaps he was put into water too hot or too cold. When you put the baby into the tub, hold him firmly. Until he is able to sit up steadily, by himself, hold him all the time he is in the tub, to avoid even one slipping. When Billy was a baby, he took a sudden dislike to his bath, and I found that a red celluloid duck made him forget his objections to the water. No use being harsh, or using force, with a baby. If he objects <u>seriously</u> to getting into the tub, don't force him to do so for a day or two, but let him sit by the tub and play over the side of it, with the water and soap, and floating toys.

Any more questions? Good. Our question time is up, anyway, and we must see about dinner. Omelet with Spanish Sauce -- that suits me, for everyone in my family likes Omelet with Spanish Sauce. Baked Potatoes, too, and Spinach. For dessert, Baked Apples and Animal Cookies. Don't forget to cut out lots of rabbits, from the cookie dough, for this is the season when the mad March hare runs rampant.

Let's turn our attention to the Omelet with Spanish Sauce. Do you want a fluffy omelet, or a flat one? Omelets fluffy and omelets flat are made of the same ingredients: one egg for each person, 1 tablespoon of milk for each egg, and salt to taste. Beat the egg yolks and whites separately for a fluffy omelet; beat them together for a flat omelet.

If you want exact recipes for omelets, send for the Egg Leaflet -- lots of recipes in this leaflet -- look here: Curried Eggs; Baked Eggs and Cheese; Eggs Benedict; Scrambled Eggs and Bacon; Baked Eggs; Omelets; Cheese Soufflé; Chocolate Soufflé; Apricot Whip; Prune Whip; Custards; Mayonnaise Dressing, and so forth. Isn't that lots of recipes, to be on the free list?

But to get back to the omelet -- we're serving it today with a Spanish Sauce. You who have copies of the radio cookbook will find the Spanish Sauce on page 62.

Let's go over our menu again, for the benefit of those who came in late: Omelet with Spanish Sauce; Baked Potatoes; Quick-Cooked Spinach; Baked Apples; and Animal Cookies.

Remember the bulletins I used today? "Infant Care," if you want information about babies, and "Eggs at Any Meal," for the recipes.

Tomorrow: "A New Tune for Wash Day."

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